

## ***Chef's Circle***

The goal of our demonstration is to give you all a frame and allow you to create your own picture through what is local, seasonal or simply what's available. Handing you a recipe is not teaching you how to make something it is only giving you the primary colors and allowing you to put your own signature on the dish. Also we encourage all of you who try to replicate these recipes to use your taste buds while you are cooking. If the dish is screaming "it's not sweet enough" then trust your own judgment and add some more sugar. Please support your local farmers and food producers! Thank you, Chef Bob and Matt.

### **Salem Market Summer Fruit Smoothie**

Blueberry Yogurt- or use any kind that you would prefer  
Rodney Smith-Blackberries  
Zannie Reed- Blueberries  
The Harrah's- Raspberries  
Idyllwood Farms- Cantaloupes



This recipe is only limited by your own imagination. Use whatever kind of fruit you prefer, you can even use frozen or canned fruit when fresh fruit is not available. Put the fruit and yogurt in a blender, add a little ice and even fresh fruit juice if you would like. Blend on high for 1 minute and serve. Add a touch of Meadowcreek Honey if you need some sweetness.

### **Local Green Curry Vegetables**

We hope we created some Thai curry lovers with this recipe. Moving into the fall season many of the sweet squashes pair beautifully with the Thai style curries. Thai food is all about the yum- the balance of hot, sour, sweet and salty.

1 T Peanut or Vegetable Oil  
½ C Onions, Diced  
2 ea Garlic Cloves, Chopped  
2 to 3T Prepared Green Curry Paste  
1 can Coconut Milk (14 oz)  
1 C Chicken or Vegetable Stock  
2 T Brown Sugar  
1 T Lime Juice  
2 t Fish Sauce  
Steamed Jasmine Rice

#### **VEGETABLES**

2 of the Craig's Potatoes, Medium dice or  
1 basket of five penny farms mini potatoes  
1 Wertz's Butternut Squash, Large Dice  
1 Greenwood Farms Zucchini, Large Dice  
1 Greenwood Farms Red Pepper, Large Dice  
½ lb Hale's Green Beans, Cut in thirds  
1 bunch City of Salem Fresh Sweet Basil



Steam the Jasmine Rice, follow the directions on the bag. Sweat the Onions and Garlic in the Oil. Stir in the Curry Paste and cook for 1 minute. Add the Coconut Milk, Stock, Brown Sugar, Lime Juice, and Fish Sauce. Simmer the broth for 5 minutes and add the vegetables starting with the Potatoes and the Butternut Squash. Let them cook for a few minutes and add the rest of the vegetables, cook until they are tender. Stir in the Fresh Basil Leaves and simmer for one more minute. Serve over Jasmine Rice and garnish with a wedge of Lime. The possibilities for this dish are limitless, add chicken with just a few vegetables, shrimp, or beef. Combine vegetables based on your own tastes. **BALANCE** is the key word.

## **Latin Spice Rubbed Flat Iron Steak with Charred Tomato and Roasted Corn Salsa**

Feel free to experiment with the Spice Rub and Salsa in this dish based on your preferences. It is not necessary to char the Tomatoes or even to add the Roasted Corn to the Salsa. If you like it hot then add the whole Jalapeño or even Habeneros to the Salsa, if you want to tone the Salsa down then remove the seeds from the Peppers before chopping them. The salsa has many applications and one of my favorites is just good old Chips and Salsa.

2 lb Highland Farms Grass Finished Flat Iron, Flank or Skirt Steak

### **SPICE RUB**

1 t Coriander Seed  
1 t Cumin Seed  
1 t Chili Powder  
1 t Garlic  
1 t Oregano  
1 T Brown Sugar  
1 T Salt

### **SALSA**

2 or 3 Large Noble Plantation Heirloom Tomatoes  
1 Noble Plantation Jalapeno  
2 Ears Nichols Farm Corn, Kernels Removed  
½ Onion  
½ Bunch Cilantro, chopped  
1 Lime  
Salt to taste



Cut the Tomatoes in half and “Char” the cut side down on a HOT grill or pan. Cook the Corn Kernels in a little bit of oil over medium heat until they are golden brown (this also makes a wonderful side dish cooked with some diced Onions and Cumin). Rough Chop the Onion and Jalapeno and place in a food processor, pulse for a minute, add the Tomatoes and pulse until they are just chopped. Stir in the Corn, Chopped Cilantro, Lime Juice, and Salt. Toast the Coriander and Cumin seed over medium heat just until fragrant, do not burn! Grind the seeds in a spice grinder or with a mortar and pestle. (or just substitute

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the ground spice) Mix all of the spices in a bowl, you will have enough spices to use another time (it's also good on Chicken and Fish) Rub the Steaks generously with the spice rub and grill to your preference (I prefer medium rare) Serve with some warm Tortillas.

### **Cheesecake Beggar's Purse with Layman's Ginger Honey Peach Flambé**

- 2 Pieces Cheesecake, Purchased is just fine
- 4 Sheets of Phyllo Dough
- ¼ C Melted Butter or Cooking Spray
- 4 T Butter
- ½ C Brown Sugar
- ¼ C Meadowcreek Farms Honey
- ¼ t Cinnamon
- ¼ t Ground Ginger
- ½ C Orange Liqueur (Cointreau, Grand Marnier or Triple Sec)
- 4 Layman Farms Peaches, Sliced (Ripe but not too ripe)



Lay out one piece of Dough and brush with butter or spray. Place another sheet on top of the first and brush or spray again. Repeat two more times until you have four layers of Dough. Cut the Dough into four even pieces and place a half a piece of Cheesecake in the center of each piece of Dough. Pull the corners up to the center to form a "purse" and brush or spray the outside of the purse before baking. Bake at 375 until crispy and golden brown, about 12 minutes. In a sauté pan melt the butter and add the brown sugar, cook until bubbly over medium high heat. Stir in the spices and the honey, cook for one more minute and add the liqueur. Do some research on how to flambé safely and keep a fire extinguisher nearby. Stir in the sliced peaches to the sauce and briefly heat them and serve with the Beggar's Purse. Vanilla Ice Cream is also nice with the Peaches.

### **“Prestons” Cantaloupe Soup**

2 cups Orange Juice  
2 cups Apple Juice  
1 cup Dry white wine  
2 Tablespoons Tapioca  
1 ripe medium Cantaloupe  
Pinch salt  
Pinch Cayenne Pepper  
Sugar to taste  
Sprigs of fresh Mint



Combine orange juice, white wine and tapioca in a sauce pan, and gently over medium heat for 10 minutes.

Then cool mixture and chill.

Prepare Cantaloupe by peeling the skin off, cutting in half, removing seeds. Divide flesh into two equal portions, coarsely chopping one and finely dicing the other. Put coarsely chopped melon into the blender or food processor with 1 cup of the chilled mixture and puree until smooth. Pour puree into the mixing bowl and add remainder of chilled juice and finely diced Melon to the Soup. Adjust seasoning with salt and a touch of Cayenne pepper if desired. Serve cold with a sprig of fresh mint.

The Soup will keep for 2 to 3 days.

*- Compliments of Chef Josef Schelch of Prestons*

### **RED PEPPER BUTTER SAUCE**

4-5 MEDIUM TO LARGE RED BELL PEPPERS  
1 TABLESPOON OLIVE OIL  
½ GARLIC GLOVE, FINELY CHOPPED  
1 TABLESPOON FINELY CHOPPED SHALLOTS  
½ CUP RED WINE  
½ CUP (118 ml) RED WINE VINEGAR  
JUICE OF LEMON  
1 CUP (225 g) BUTTER, SOFTENED AT ROOM TEMPERATURE  
SALT  
A DASH OF FRESHLY GROUND WHITE PEPPER  
ARROW ROOT POWDER AS NEEDED IN COLD WATER



HALF PEPPERS, REMOVE SEEDS AND PULP, WASH UNDER COLD WATER, DRAIN IN COLANDER, CHOP COARSELY.

SAUTE PEPPERS OVER MEDIUM HEAT FOR APPROXIMATELY 2 MINUTES, REDUCE HEAT, and ADD GARLIC AND SHALLOTS FOR 30 SECONDS. ADD RED WINE, VINEGAR AND LEMON JUICE UNTIL PEPPERS ARE PARTIALLY COOKED. REMOVE FROM HEAT AND LET COOL.

WHEN COOL BLEND IN FOOD PROCESSOR AND PUREE' UNTIL SMOOTH. PUT IN SAUCEPAN AND REHEAT OVER MEDIUM HEAT. USE ARROW ROOT POWDER TO FIRM UP SAUCE. WHISK IN SOFTENED BUTTER GRADUALLY. ADJUST SEASONING AS NEEDED. KEEP SAUCE WARM IN A DOUBLE BOILER. DO NOT BOIL OR IT WILL SEPARATE. -

*Compliments of Chef Josef Schelch of Prestons*

## **WHITE CHOCOLATE BREAD PUDDING**

5 FRENCH BREAD LOAVES (IN RESTAURANT SUB BRIOCHE FOR FRENCH BREAD IN EQUAL PARTS)

1 ½ CUP SUGAR

10 YOLKS

1 ½ CUPS MILK

3 CUPS HEAVY CREAM

2 CUPS WHITE CHOCOLATE

2 TBSP VANILLA

2 OZ BUTTER

CUT FRENCH BREAD INTO SMALL CUBES. LET SIT OUT TO GET HARD. IN SAUCE PAN SCALD MILK AND CREAM WITH BUTTER. IN SEPARATE BOWL WISK EGG YOLKS WITH SUGAR UNTIL LEMONY IN COLOR. ADD ½ CUP MILK MIXTURE TO EGGS, WHISKING. POUR EGG MIXTURE A LITTLE AT A TIME BACK INTO REMAINING MILK MIXTURE, WHISKING CONSTANTLY. ADD VANILLA. COOL. POUR CUSTARD MIX OVER BREAD AND LET SIT TILL BREAD HAS ABSORBED LIQUID. ADD WHITE CHOCOLATE CHIPS. TURN INTO INDIVIDUAL PORTION CUPS AND BAKE AT 350 DEGREES FOR 20 MINUTES.

YIELD: 12 PORTIONS

*Compliments of Chef Josef Schelch of Prestons*

### **Bourbon -Vanilla Sauce for Bread Pudding**

1 QT HALF AND HALF

1 QT HEAVY CREAM

2 CUPS SUGAR

2 TBSP VANILLA

4 TBSP ARROW ROOT

2 DROPS OF EGG YELLOW FOOD COLOR

4 TBSP Bourbon Whiskey

COMBINE ALL INGREDIENTS IN A SAUCEPAN. HEAT OVER MEDIUM HEAT, STIRRING CONSTANTLY, TILL THICKENED, add Whiskey in the hot Sauce and Serve.

**YIELD: 2 QT 1 PT**

*Compliments of Chef Josef Schelch of Prestons*





### **Japanese Noodle Salad**

6 c. cooked spaghetti noodles, linguini, ramen or any other long skinny noodle  
3 c. julienne sliced vegetables such as zucchini, squash, celery,  
carrot sticks, etc.

½ c. broccoli florets

1 c. fresh baby spinach

¼ c. fresh sliced mushrooms

¼ c. thin sliced red onion

½ c. sugar snaps or snow peas

TOSS NOODLES & VEGGIES TOGETHER

*Compliments of Chef Michele Carder*

### **Creamy Ginger Sauce or Dressing** **(for use with Noodle Salad)**

1 c. mayo

¼ c. sugar

3 T. chopped green onion

½ tsp. ground ginger

¼ tsp. garlic powder

1/8 tsp. paprika

¼ c. soy sauce

MIX ALL SAUCE INGREDIENTS TOGETHER IN A SMALL BOWL WITH A WISK. POUR DESIRED AMOUNT OVER NOODLE & VEGGIE MIXTURE. MIX ALL INGREDIENTS UNTIL SAUCE HAS EVENLY COATED NOODLE MIXTURE. TOP WITH MEAT OF CHOICE (BEEF, CHICKEN, SHRIMP, ETC.) IF DESIRED AND FRIED WONTON STRIPS.

*\*Note: use as many family favorite and fresh vegetables as possible. Any vegetables listed above may be substituted, for example use red & green peppers, cauliflower, fresh green beans (thin sliced) in place of any others listed above, or double the amount of a favorite if desired.*

*Compliments of Chef Michele Carder*



## Tonkatsu

Pork Loin Cutlets	8 ea, 3oz
Flour	2 cups, all purpose
Eggs	6 ea, beaten
Panko	3 cups
Peanut Oil	as needed
Ginger	2", fresh, minced
Garlic	4 cloves, minced
Ketchup	2 cups
Sake	3 cups
Mirin	1 cup
Worcestershire Sauce	1/3 cup
Brown Sugar	¾ cup + as needed
Slurry	as needed (equal parts cornstarch & water)

- First, make the sauce by combining the ginger, garlic, ketchup, sake, mirin, Worcestershire and sugar in a sauce pot.
- Cook on medium until sauce is reduced by half.
- Use slurry to thicken slightly.
- Next, prepare your breading station with the flour, eggs and panko
- Take each pork cutlet and dip into each station in order.
- Pan fry the pork cutlets.
- Let rest for 5 minutes.
- Slice cutlets in ½" strips and serve with the sauce.
- *Compliments of Chef Steve Alls*



## Asian Stir Fried Cabbage

Cabbage	1 head, thinly sliced
Sweet onion	2 ea, thinly sliced
Ginger	1", fresh, minced
Garlic	2 cloves, minced
Peanut Oil	as needed
Soy Sauce	¼ cup
Siracha Pepper Sauce	1 tsp or as needed (optional)
Salt & Pepper	as needed

- Bring a wok or large sauté pan to a very high temperature.
- Place a small amount of oil and coat the pan.
- Place your onion in pan and stir fry for about a minute.
- Then place cabbage in pan with the ginger and garlic and continue to stir fry until cabbage starts to become tender (about 4 minutes).
- Deglaze the pan with the soy sauce.
- Add the Siracha Pepper Sauce if desired.
- Season to taste.
- *Compliments of Chef Steve Alls*

## **Quinoa Salad**

### **By Chef Jeff Bland**

½ Cup Quinoa, rinsed very well.  
1 Cup water or broth  
1 Small onion, diced  
1 Small Zucchini, diced  
1 Small Yellow squash, diced  
1 Garden Tomato, Diced  
½ Pint Cherry Tomatoes  
¼ Cup Good olive oil  
¼ Cup Cider vinegar or lemon juice  
½ Bunch Cilantro, chopped  
Salt and Pepper to taste



Cook the quinoa in boiling water or broth until tender, about 15 minutes; Cool.

Combine all of the vegetables, olive oil, vinegar, and seasonings. Toss in the cooked quinoa, stir and enjoy. Let the salad sit for a few hours or over night in the refrigerator. Always use your favorite, freshest, peak seasonal vegetables. You can find quinoa at health food stores or co-ops. If you can not find quinoa, you can use pasta, rice, or any other grain you like.

## **Crab Soup with Whole Grains**

### **By Chef Jeff Bland**

3 Tablespoons Butter or vegetable oil  
1 Small Onion, diced  
2 Ribs of celery, diced  
Salt and Pepper to taste  
¼ Cup (or more if needed) All purpose flour  
3 Cups Cold Chicken, vegetable, or seafood broth  
1 Cup Mixed Whole Grains, cooked  
1 Pound Crab meat  
1 Cup Cream or half & half  
Chopped Parsley to taste



In a medium sized soup pot, melt the butter and sauté the vegetables until tender, season. Add the flour to make a roux and cook for 5 minutes, stirring constantly. Add the cold broth, bring to a full boil and reduce to a simmer. Add the cooked whole grains and crab meat and simmer for 5 minutes. Add the cream and continue to simmer for an additional 5 minutes. Taste and adjust seasoning as necessary. Stir in chopped parsley and serve.

You can use any combination of grains you like. Cream is optional. Roasted corn is also a nice addition. Jumbo lump crab meat is very expensive so use special or backfin for the recipe; pick through and remove any shells. Season with a dash of Old Bay if you wish.



## **Steak and Grits**

### **By Chef Jeff Bland**

2 to 3 Cups Water or broth  
Salt to taste  
1 Cup Grits  
2 or 3 Tablespoons Butter

Bring water and salt to a boil; add the grits and cook until tender. Stir in butter just before you are ready to serve.

You can use quick grits for this recipe but hearty stone ground grits are preferred.

½ Pound Chorizo or Andouille Sausage  
1 Tablespoon Butter  
1 Small Onion, diced  
2 Ribs of celery, diced  
1 Small Red Pepper, diced  
Dried Oregano to taste  
Salt and Pepper to taste  
2 Tablespoons All purpose flour  
1 Cup Chicken Broth  
½ Cup Heavy Cream



In a small sauce pot, add the sausage and brown. Add the butter, diced onion, diced celery, and diced red pepper; cook until tender, about 5 minutes. Season and then stir in the flour; cook for an addition 3 minutes stirring constantly. Whisk in the chicken broth, bring to a boil, reduce to a simmer, and cook for 10 minutes. Finally add the cream and cook for an additional 5 minutes or desired consistency has been reached. Taste and adjust seasoning as necessary.

1 Pound Tenderloin or other grilling style steak  
Cajun or Blackened Seasoning to taste  
Butter for searing

Season the steaks with the Cajun seasoning. Sear in a hot cast iron skillet with the butter. You can do in a regular heavy skillet or on a hot grill. Cook the steaks until the desired internal temperature you enjoy (rare, medium, well) has been reached. Let the steaks rest 10 minutes before serving. Slice the steak just before serving.

**To serve:** The key to making this recipe a success is timing. Make the grits and sauce at the same time and finally finish the steaks very last. When the grits are done, just keep warm and hold. When the sauce is done, hold over low heat. When the steaks are finished cooking, place a serving of grits in the middle of a plate; top off with sliced steak and spoon on sauce.

## Coconut Rice Pudding with Fruit and Zabaglione By Chef Jeff Bland

1 Cup Rice, Jasmine, Basmati, or Brown rice will work.  
2½ Cups Coconut Milk  
Pinch of salt

Combine and bring to a boil, reduce to a simmer, cover and cook for 25 minutes until rice is tender. Brown rice may take longer to cook and need more liquid.

2 Tablespoons Butter  
¼ Cup Brown Sugar  
2 Tablespoons White Sugar  
4 Peaches, peeled, pitted, and diced  
½ Pint Blueberries  
½ Pint Blackberries  
¼ Cup Limoncello Liquor or lemon juice

Add the butter to a hot skillet and stir in the sugars, diced peaches, and blueberries. Stir and cook until fruit is warmed through. Add the liquor or juice and continue to cook for 2 minutes. Please be careful of flame up if you are cooking with alcohol. Just before you are ready to serve, add in the blackberries. Be sure and use the fruits which are in season and you like to eat. If you do not like a particular fruit, omit or replace with what you really like to eat!

4 Egg Yolks  
½ Cup Powdered Sugar  
¼ Cup Limoncello Liquor or lemon juice

Add all three ingredients to a large stainless steel or glass mixing bowl (do not use plastic) and stir well. Over a pot of simmering water, place the bowl and whisk until the mixture becomes thick and pale in color. This process should take about 10 minutes. Be sure to stir constantly and do not let the water boil hard.

**To serve:** Place a portion of coconut rice in the middle of a plate or bowl, spoon over the berry mixture and finally top off with the custard.



# **Chef Brian Murtagh – Roanoke Country Club**

## **Local Tomato, Sterling Bridge Dairy Fresh Mozzarella, and Basil Salad**

1 Ripe Local Tomato  
1 ball Sterling Bridge Dairy Fresh Mozzarella  
2T. Fresh Basil, chopped  
1T. Good Quality Extra Virgin Olive Oil  
1T. Balsamic Vinegar  
Fresh Ground Pepper  
Sea Salt

Slice tomatoes and cheese. Shingle alternating layers on a platter.  
Sprinkle with oil, vinegar, pepper, and salt as desired.

## **Basil Parmesan Butter**

Goes great on grilled chicken, fish and corn on the cob

4 oz. butter, soft  
¼ cup basil, chopped  
4 oz. parmesan cheese, grated  
Salt and pepper

Combine all ingredients and spread on your favorite foods just before eating.



## **Shenandoah Apple Slaw (a variation of a classic Waldorf salad)**

6 each Local Apples  
1 cup Walnuts  
1 stalk celery, peeled  
1 cup fresh fennel  
1½ cup Root celery, peeled and steamed  
¼ cup peanuts, salted, chopped  
¼ cup raisins  
Pinch of cinnamon  
Pinch of nutmeg  
1 cup of Homestead Creamery Vanilla yogurt

Peel your apples and pears and dice into ¼" size and set in lemon water so they do not turn color.

Peel root celery with a carrot peeler, gently. Dice celery and root celery into ¼" size; set aside.

Roast your walnuts till golden brown. Chop or leave whole; your preference.

Mix together the yogurt, cinnamon, and nutmeg until smooth.

Drain your fruits well and add them to your liquid mixture, along with the celery, peanuts, raisins and walnuts. Adjust seasoning if necessary.

There are variations to the recipe. You may add cranberries, sweet potato, mint, dried fruits, any nut you like, or chicken breast. Be creative



### **Grilled VLT with Under the Green Umbrella Artisan bread**

1 Under the Green Umbrella Artisan bread  
2 oz. olive tapenade  
4 oz. Portobello mushrooms, grilled  
4 oz. yellow squash, grilled  
4 oz. zucchini, grilled  
2 each red bell pepper, grilled  
Cheese of choice if desired  
Lettuce  
Ripe tomato



Marinate vegetables and grill. Smear olive tapenade on both sides of the bread  
Stack vegetables on bottom of bread (add cheese if you like) and place bread top over vegetables, secure with toothpicks and slice.  
Replace tapenade with hummus, pesto, or any type of your favorite sandwich spread